

Harvest of the Month



Michigan **Nutrition** Network
at Michigan Fitness Foundation



KALE

BOK CHOY

COLLARD GREENS

COOKED GREENS

Circle all vegetables on the menu.

- How many vegetables are raw?
- How many are cooked?
- What is your favorite cooked vegetable?
- What is your favorite cooked leafy green vegetable?

EAT COOKED GREENS

Varieties of Cooked Greens

The next time you visit the grocery store or farmers' market, try to find these leafy greens:

Bok choy	Kale	Mustard greens	Swiss chard
Collards	Kohlrabi	Spinach	Turnip greens

1. What is your favorite variety of cooked greens?

2. Describe your favorite variety of greens with your senses.

Smell: _____

Sight: _____

Touch: _____

Taste: _____

3. Which other varieties would you like to try?

4. Why are cooked greens good for you?

Reasons to Eat Cooked Greens

A ½ cup of cooked Swiss chard has lots of vitamin A, vitamin C, and vitamin K. It also has calcium. Calcium is a mineral that works with vitamin D and another mineral (phosphorus) to build strong bones and teeth.



SWISS CHARD

Calcium Champions:*

Almonds, dark green leafy vegetables, lowfat dairy foods, nopales (cactus leaves), and soybeans.

*Calcium Champions are a good or excellent source of calcium.

How Much Do I Need?

A ½ cup of cooked greens is about the same as two cups of raw leafy greens. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need.

All forms of fruits and vegetables count towards your daily amount – fresh, frozen, cooked, and dried. Eat a variety of colorful fruits and vegetables throughout the day and get at least 60 minutes of physical activity every day!

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day.

Visit www.choosemyplate.gov to learn more.

Nutrition Facts

Serving Size: ½ cup cooked Swiss chard (88g)
Calories 18 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 157mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 107%	Calcium 5%
Vitamin C 26%	Iron 11%



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